



Heritage Center

May/June 2015



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov

Services Offered

- Arts & Crafts
- Cultural Programs
- Education
- Exercise
- Health Services
- Information & Referral
- Lunch Program
- Recreation
- Socialization
- Transportation
- Travel
- Volunteer Opportunities

Director's Report: New Computer System

The Heritage Center is part of the Murray City Parks & Recreation Department and if you haven't heard we have a new computer system. The new system requires you to use a membership or participant card to check in. You can either use your old card or if you've lost it or never received a card, ask for a key fob at the front desk (the first one is free). If you are a member of the Park Center in Murray Park, you don't need two cards, just use your Park Center card. If you forget your card or key fob, just ask the staff or front desk volunteer to check you in when you arrive. Why is it important to check in you ask? There are a lot of reasons. I think one of the most important reasons is to prove our worth. Murray City funds and operates the Heritage Center using taxpayer dollars. So when someone asks "how many people come to the Heritage Center" we have the answer and can show how much use the Center gets daily. Another good reason — grant money! Statistics on who uses the building are needed to apply for grant money. The Center has been fortunate to receive Community Development Block Grant money (CDBG) on many occasions. In fact over \$600,000 dollars from CDBG funds helped to build the Center back in 1980. Since then we have received more than \$650,000 additional funds for other building projects. We have been recommended to receive CDBG funding this year to expand the small office in the dining room. We will have the final decision on this recommendation sometime this month. In order to apply and receive CDBG money, statistics have to be gathered on who uses the Center. Thank you for completing a data intake form and then checking in at the front desk each time you come. If you were wondering how many people come to the Center, we currently have over 1,800 participants and last month we averaged 144 people per day. Please don't hesitate to see me if you have ideas and suggestions on how we can continue to improve operations at the Heritage Center.

— Susan H. Gregory

National Health & Fitness Day at Wheeler Farm

Wednesday, May 27

1:00-5:00

SHUTTLE SERVICE AVAILABLE
MEET IN CENTER LOBBY AT
12:30

Saturday, June 20

8:00-1:00—Yard Sale

9:00-1:00—Car Show

8:00-11:00—\$3 Pancakes

9:00-10:00—Second Story Band

All proceeds go to the Center

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 or email sgregory@murray.utah.gov

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center. Personal notices for participants are charged the rate of 50¢ per line per issue.

Newsletter—Notary—Gift Certificates—Credit Cards

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at www.murray.utah.gov or mailed to your home with an \$18 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$.75 per issue.

Susan Gregory, Heritage Director, is a **Notary** and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

Gift Certificates are available for Center Programs. If family or friends need gift ideas, tell them about Center gift certificates!

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director— Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Mary Hall

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Asst. — Charlotte Johnson

Dishwasher — Eric Fredrickson

Custodian — Don Smith

Vehicle Driver — Robert Himes & Lee Crosby

Building Attendant — Pete Wright

Heritage Advisory Board

Judy Baxendale, Brenda Clausen, Charlotte Cox, Kathy Houston, Jenny Martin, Erich Mille, Greg Waldron, Pete Wright, Rod Young

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. Applications are available at the front desk or see the Center Director.

Watercolor Made E-Z

On **Thursday, May 7 at 3:00-5:00**, John Fackrell will start a three week class teaching "Painting Miniatures or Learning how to Think Small." The medium is watercolor. The cost is **\$30** and payment is needed in advance. There are a few art shows that have a requirement that the painting and frame cannot exceed 12" in height or width. You need to purchase an 8x10 frame (can be found at the Dollar Tree). Please purchase your frame and bring it to the first class. The class will be focusing on landscapes of spring and summer, with emphasis on perspective. Other supplies you will need to bring include: 140 lb. cotton paper, paint, and brushes. Experience with watercolors is necessary to get the most out of this class. John is the local Art Director at Cottonwood High School. Space is limited, sign up now.

Mother's Day Craft (Evening Class)

On **Thursday, May 7 from 6:00-7:30**, Diane Tibolla Curtz and Renae Curtz will be making homemade gift tags and bath fizzes. The cost is **\$10**. You will need to bring the following: Medium-size mixing bowl, metal fork, flour sifter (if you have one) and approximately 1/3 c. dried flowers and/or herbs for your bath fizzes. You can bring any kind of dried flowers that you enjoy.

Diane is Vice President of the Salt Lake Master Gardener Association and current board member of the Scott M. Matheson Preserve and Governor's Grove. Renae has spent 14 years in the craft industry as a product developer, paper-craft artist, and magazine editor. She enjoys sharing her love of crafts with others. You will be able to create in this one class a very special item for a mother, aunt, neighbor, or something for yourself. Come and join the fun!

Advance Directives

On **Thursday, May 14 at 10:30**, a representative from the Elder Law Section of the Utah State Bar will present an Advance Directive class. The Utah Advance Directive is a multiple use form combining the former "living will" form with a health care power of attorney. It is a tool for a person to appoint a health care agent to make decisions if the person is unable to speak for themselves. A volunteer lawyer will review the form and a blank form will be provided free of charge. The volunteer attorney will give general instructions for filling out the form and answer questions, but they will not be able to give specific individual help. This is a free class, sign up now.

Gadget & Computer Classes

The computer lab has 6 personal computers running Microsoft Windows 7 and one with Windows 8. Computers are available any time a group class is not being held. The Center also has an iPad available to use while at the Center if you'd like to try out a tablet. There is no charge to use the computers, but printing is 5¢ per page and users must sign-in and list the computer they are using. Private Gadget & Computer Help is available on Monday, Tuesday and Wednesday for one hour and the cost is \$3. Sign up is needed in advance. Instructors can help with phones, readers, tablets, and computers.



Wednesday Painting: Oil & Watercolor

A new six-week session of the painting class starts **Wednesday, May 20 - 9:00-12:00** and will run through **Wednesday, June 24**. The cost is **\$30** and payment is needed in advance. Teri Wood-Elegante is the instructor. Teri has trained under some of the best masters in watercolors. She will also be teaching oils. Sign up now, space is limited to 17.

Bereavement Support

The Bereavement Support Group will continue at the Center on a monthly basis. Facilitated by licensed counselors and community educators, this support group will meet at **12:30 on Tuesday, May 12 and Tuesday, June 9**. This group is intended to assist those individuals and families who have lost a loved one recently or in the recent past. Although you may not have suffered the loss of a loved one, you may be experiencing a loss of health, friendship, support, ability or mobility. Our hope is that this support group will assist everyone in understanding the process of loss and the discovery of support in guiding you to a healthier lifestyle. Serenity Funeral Home is sponsoring these classes. This is a free class, sign up now.

AARP Smart Driving Class

The AARP Smart Driving Class will be held **Monday, May 18** or **June 22** from **9:30-2:30**. Sign up at the front desk. The cost is \$15 for AARP members and \$20 for everyone else. The instructor will collect the fee at the start of the class. You make your check out to AARP. Bring your AARP membership card and valid driver's license. Check with your insurance company to see if they offer a discount for attending this class. *Update: the May class is full with a waitlist and the June class sign-up will begin on May 18.*



Senior Learning Network - The Hearst Castle: An Exploration of Ancient Civilizations

The **Senior Learning Network** continues with a presentation by the California State Parks from the Hearst Castle **Wednesday, June 3 at 12:00**. Explore the art and architecture of the ancient Greeks and Romans through the art and artifacts of Hearst Castle in this interactive presentation via video conferencing. Registration for this presentation is free. Look for a trip to discover some of our local architecture to accompany this presentation later in June.



Vital Aging—May & June

On **Tuesday, May 19 at 10:30**, we will present a new wellness class called: **Self-Esteem**. How do I view myself? Discover or rediscover your sources for personal well-being. This workshop will help you cultivate self-strengthening beliefs and create an optimistic view of yourself to better meet life events and challenges. Setting personal goals will be part of the class. Tifani of the Vital Aging Project will be at the Center at 10:00 just before this 10:30 class if anyone would like to visit with her regarding any problems or issues you may be having in your life. This is a free class, sign up now.

On **Tuesday, June 23 at 10:30**, our wellness class will be: **Building Healthy Relationships**. Relationships with friends and family can sometimes be tricky. Evolving roles of parents and adult children can present challenges. Come learn how to improve your relationships by using more effective communication skills and gain a greater understanding of how to maintain healthy relationships. We will also discuss common causes of conflict, tips for repairing relationships and ways to give a "nice no." Tifani will be at the Center at 10:00 to meet with anyone needing one-on-one help. This is a free class, sign up now.

Chakra Meditation



A new session of Chakra Meditation taught by Barbara Battison starts on **Monday, May 18 at 10:30 and runs through Monday, June 29**. The cost for this 6-week class is \$15 or \$3 per session. Barbara is a Massage Therapist, Energy Body Worker and Reiki Master; she will present in-depth information about how Chakras and Meditation work. She will teach you how to understand your Chakras and how to heal yourself. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on Meditation and how to activate and keep your Chakras balanced. The word Chakra is Sanskrit for wheel or disk. It signifies one of the seven basic energy centers in the body which are the opening for life energy to flow into and out of your aura. Sign up now.

Staying Sharp Class

On **Tuesday, June 16 at 10:30**, Art Sutherland from AARP will teach a class called **Staying Sharp**. He will show a DVD and talk about memory and aging issues. Explore the changes in the brain's behavior as we age and learn ways to keep your brain fit. Staying Sharp is geared to an audience seeking to learn the "normal" memory issues that arise with age, as well as signs of dementia. This presentation explores the need for cognitive, physical, and social activities to maintain brain health and a satisfying quality of life. This is a free class, sign up now.

Relay Utah

On **Friday, June 26 at 10:30**, a representative from **Relay Utah** will be at the Center to inform you about this free service that can help you hear better on your phone. If you were to line up the Utahans who have trouble hearing, they would stand shoulder to shoulder from Provo to Ogden. That is more than 76 miles of Utahans who are hard of hearing or deaf. It is estimated that one-third of individuals between the ages of 65 and 75 experience some degree of hearing loss. Have you experienced missing a name when talking with a friend on the phone or not clearly hearing your doctor's office when they call to confirm an appointment time? If you have noticed you are having trouble hearing the person on the other end of the line, you are not alone. The good news is there is a solution!

Relay Utah, a state program managed by the Utah Public Service Commission, provides hearing assistive phones to hard-of-hearing and deaf Utahans. Thousands of Utahans are able to live more independently using these hearing assistive phones. A representative will bring several types of phones so you can see what is available and may work best for you. This is a free class, sign up now.



The popular Mother's Day Tea has sold out. The event will be held on **Tuesday, May 5 from 11:30-1:00**.

Happy Mother's Day to everyone!

Yard Sale/Car Show — HELP! HELP!



The Yard Sale/Car Show/Pancake Breakfast fundraising event is coming up on **Saturday, June 20**. We hope to have 200 people come to the pancake breakfast along with the Yard Sale and Car Show so lots of help is needed. If you are available for a few hours on Saturday, June 20, sign up at the front desk.

We will need help with the set up, pancakes, cleaning tables, selling raffle tickets, selling breakfast tickets, selling yard sale items, clean up and lots more. Sign the interest sheet at the front desk and we'll give you a call.

You can also help by saving your spring cleaning items and donating them to the Yard Sale. Items will be taken after **May 26**. *Please only clean items and items that are in good working condition.* No old TV's, old computer monitors, old clothes, or old electronics will be taken. But we'd love the items you think someone else might like to purchase.



You can also help by spreading the word about the car show. The cost to enter a car is \$10 in advance and \$15 the day of the show.

Applications are available at the front desk if you'd like to display a car. Take an application home to friends and neighbors. Prizes will be awarded and prize drawings held throughout the car show event.

The event is the **Saturday before Father's Day, June 20 from 8:00-1:00**, so bring the family and enjoy a pancake breakfast, shop for treasures, and look at some very cool cars! Pancake breakfast tickets will go on sale in June or you can purchase them the day of



the event. The cost is \$3 a person and pancakes and juice will be served from 8:00 until 11:00 am.

Enjoy the music of the Second Story Band from 9:00-10:00 am.

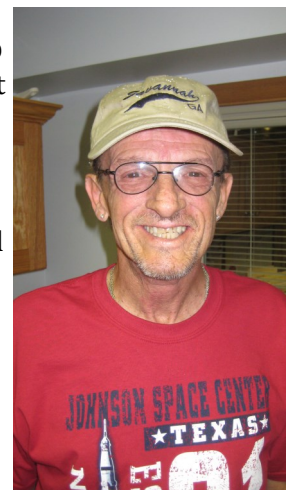
Volunteer of the Month — Brent Jaeger — Mr. Car Show

This month's Heritage Center Volunteer is someone who "loves to volunteer because it's fun," but shuns the spotlight when it comes to recognition. When the Center first came up with the idea to put on a car show, Brent was first in line to volunteer his talents. He went into the community and gathered donations and convinced unique car owners to bring their cars to the Heritage Center's first car show for display. And he hasn't stopped volunteering, thus the moniker "Mr. Car Show".

Brent was born and raised in Salt Lake City, lived in Holladay for many years, then moved back to Murray where his parents had lived since 1966. He attended South High School. He and his wife Susan have lived in Murray for 20 years.

After 23 years, Brent retired from the Salt Lake County Assessor's Office where he worked as an Appraiser. He also worked in the County Library System, the DMV, the railroad and in construction.

Brent's favorite toy is his 1931 Ford Tudor Hot Rod. He loves going to car shows and showing it off and bragging about it.



Brent and Susan are very happy to have found the Heritage Center. They love playing Bingo, taking the bus to Wendover, shopping our boutiques (especially Susan), the computer classes and lunches. Most of all, they love the people they have met at the Heritage Center.

Brent has already been hitting the pavement for sponsors for this year's car show on Saturday, June 20th. He promises the show this year will be bigger and better than ever.

We will honor Brent on **Wednesday, June 17 at noon** in the dining room.

Volunteers Needed ... Can you help one day a week for 2 hours?



The Heritage Center utilizes the help of over 80 volunteers on a regular basis. Thank you volunteers! Volunteers work in just about every facet of Center operations from answering phones to calling bingo to teaching classes. We love our volunteers! If you would like to join our volunteer force, see any staff member to set up an appointment for a short volunteer interview. During the interview, we can find out what your interests are and let you know where we are looking for volunteers. We will try to match you up based on interests, skills and needs. We are currently looking for volunteers in some of the following areas:

Kitchen—run automatic dishwashers on Thursdays from 12:00-2:00 pm. See Calli.

Choral Group—Would you like to organize a singing group at the Center? A choral group just for the fun of it! Pianist and leader needed to get things started.

Front Desk—answer phones, greet participants and check them in on the computer or help collect the lunch money in the dining room. Shifts available from 9:00-12:00 or 1:00-3:30. See April if interested.



Shredding Event—May 5 from 10:00-2:00

Shredding Day is back! Salt Lake County Aging Services will offer free document shredding at the Center on **Tuesday, May 5 from 10:00-2:00**. This shredding company has been used by Aging Services in the past and they are safe and reputable. This is a free service. Organize your documents and bring the items that need to be destroyed any time between **10:00-2:00 on May 5**. **Approved Items:** All Paper Products, Staples and Paper Clips, File Folders, Checks and Checkbooks. **Non-Approved Items:** Black Binder Clips, Large Metal Pieces, Carbon Paper, Cardboard, Electronics, and Plastic. Special thanks to Salt Lake County Aging Services and Shred Masters for providing this service.

Barber Shop is Open



The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. The cost of this service is **\$8**. Only haircuts and trims are being offered at this time. The barber is Jocelyn Anderson.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, June 25 from 9:30-12:00** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now. *Dr. Shelton is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.*

Medicare Counseling Available

At 12:00 noon on **Tuesday, May 19 and June 16**, Vickie Nelson will be available at the Center for Medicare Counseling. As a SHIP counselor, her job is to help clear up the confusion about where to apply for Medicare, help you understand your Medicare choices, and what to do if you have other insurance. If you are new to Medicare, she can help you through the initial enrollment process. This is a free class. Sign up now. In addition, there are programs available, if you meet financial criteria, to help with the cost of your prescription drugs. Vickie or your local SHIP office can help you apply for these programs. If you need immediate assistance, your local Medicare counselors are a phone call away at 385-468-3200.

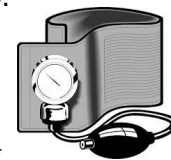
Attorney Consultation

An attorney will be available for free 20 minute legal consultations on **Tuesday, May 12** or **Tuesday, June 9 from 11:00-1:00**. Appointments are needed and are made at the front desk. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you.

Blood Pressure

Blood pressure and glucose screening is offered on the following days: **Thursday, May 7; Friday, May 15; Thursday, June 4; and Friday, June 19**. All screenings are from 11:00-12:00.

Special thanks to Harmony Home Health & Garden Terrace for providing this service.



Blood Testing

Blood testing is scheduled for **Wednesday, May 27 from 9:00-11:00** appointments are needed. The cost is \$35 for a Lipid Profile and Hemoglobin A-1C. Fasting is required. The extra Thyroid and PSA testing is not available this time. Appointments are needed and payment is made to IHC the day of the testing.

2015

Heritage Center Events



Heritage
Center

#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to
serve you

Monday-Friday

8:00-4:30 and

Thursday until
10:00 PM

| Monday | Tuesday |
|---|---|
| <p>9:00 NIA</p> <p>9:15 Computer Help</p> <p>10:30 Meditation</p> <p>11:00 Bridge Lessons</p> <p>12:30 Ladies Pool</p> <p>1:00 Movie: Alexander and the Terrible, No Good, Very Bad Day</p> <p>2:00 Strength Conditioning</p> | <p>8:30 Ceramics</p> <p>9:00 Stretch / Haircuts</p> <p>9:30 No Line Dancing</p> <p>10:00 Shredding Day</p> <p>10:30 Tai Chi</p> <p>11:00 Canasta</p> <p>11:30-1:00 Mother's Day High Tea</p> <p>12:45 Crafts</p> <p>1:00 Computer Help</p> <p>2:00 No Beginning Line Dancing</p> |
| <p>9:00 NIA</p> <p>9:15 Computer Help</p> <p>10:30 Meditation</p> <p>11:00 Bridge Lessons</p> <p>12:00 Heritage Bus Driver Meeting</p> <p>12:30 Ladies Pool</p> <p>1:00 Movie: Mockingjay Part 1</p> <p>2:00 Strength Conditioning</p> | <p>8:30 Ceramics</p> <p>9:00 Stretch / Haircuts</p> <p>9:30 Line Dancing / 10:30 Tai Chi</p> <p>11:00 Canasta / Attorney Consult</p> <p>11:30-12:30 Lunch</p> <p>12:30 Bereavement</p> <p>12:45 Crafts</p> <p>1:00 Computer Help</p> <p>2:00 Beginning Line Dancing</p> <p>2:00 Flag Wood Craft</p> |
| <p>9:00 NIA</p> <p>9:15 Computer Help</p> <p>9:30 AARP Smart Driving</p> <p>10:30 Pen Pal Party</p> <p>10:30 Meditation</p> <p>11:00 Bridge Lessons</p> <p>12:30 Ladies Pool</p> <p>1:00 Movie: Annie</p> <p>2:00 Strength Conditioning</p> | <p>8:30 Ceramics</p> <p>9:00 Stretch / Haircuts</p> <p>9:30 Line Dancing</p> <p>10:30 Vital Aging</p> <p>10:30 Tai Chi / 11:00 Canasta</p> <p>11:30-12:30 Lunch</p> <p>12:00 Medicare Counseling</p> <p>12:45 Crafts</p> <p>1:00 Computer Help</p> <p>2:00 Beginning Line Dancing</p> |
| <p>Center Closed</p> <p>memorial DAY</p> | <p>8:30 Ceramics</p> <p>9:00 Stretch / Haircuts</p> <p>9:30 Line Dancing</p> <p>10:30 Tai Chi</p> <p>11:00 Canasta</p> <p>11:30-12:30 Lunch</p> <p>12:30 Exercise Help</p> <p>12:45 Crafts</p> <p>1:00 Computer Help</p> <p>2:00 Beginning Line Dancing</p> |

| Wednesday | Thursday | Friday |
|--|--|--|
| | | 9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge |
| 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:30 Stepping On 12:45 Bingo 1:00 Bridge 1:00 Computer Help | 8:30 Ceramics 9:00 Stretch & Tone 9:00 Pickleball 10:00 Topaz Trip 11:00 Blood Pressure/Glucose 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day / 12:45 Happy Hat's 1:00 Square Dancing 2:00 Strength/3:00 Watercolor Class 6:00 Mother's Day Craft 7:00 Dance | 9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge |
| 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Stepping On 12:45 Bingo 1:00 Bridge 1:00 Computer Help | 8:30 Ceramics/Wendover 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 10:30 Advance Directive Class 11:30-12:30 Lunch 12:30 Game Day 1:00 Square Dancing 2:00 Strength/3:00 Watercolor Class 3:30 Jam Session 7:00 Dance /UTE RC | 9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch 12:30 Storytelling Coaching 12:45 Bingo 1:00 Bridge |
| 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Stepping On 12:45 Bingo 1:00 Bridge 1:00 Computer Help | 8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day 12:45 Happy Hat's 1:00 Square Dancing 2:00 Strength/3:00 Watercolor Class 7:00 Dance | 9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge |
| 9:00 Painting / Blood Testing 9:15 Pinochle / 10:00 Yoga 10:30 Early BINGO today 11:15 Chair A'Robics 11:30-12:30 Lunch / 12:30 Stepping On 12:45 Depart for Wheeler Farm 1:00-5:00 Health & Fitness Fair at Wheeler Farm 1:00 Bridge / Computer Help | 8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:00 Classic Cars Museum 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help 12:30 Game Day 1:00 Square Dancing 2:00 Strength Conditioning 7:00 Dance | 9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge |

Billiard Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

Cards

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three handed bridge will be played, if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

Canasta—Tuesday at 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Game Day

Make new friends and learn a new game every **Thursday at 12:30** in the card room. Volunteers will bring their favorite games — Dominos, Mexican Train, Rummikub, etc. — and teach you how to play.

Birthday Wednesday — May 6 & June 3



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free (donations appreciated) and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the 1st Friday of each month. **Bingo will be early on May 27 (10:30) so everyone can attend the Health Fair at Wheeler Farm.**

In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: \$1 for 1-3 cards played, \$2 for 4-6 cards played.

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. Learn how to play Pickleball at the Center every **Thursday from 9:00-11:00** in the dining room.

Drop in play is every **Tuesday and Thursday from 8 am to noon and Friday from 6 pm to 9 pm at the Park Center in Murray Park**. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25.

Happy Hatters

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday at 12:45** to play Hand & Foot. Upcoming meetings: **May 7 & 21 and June 4 & 18.**



Senior Health & Fitness Day

National Senior Health and Fitness Day is **Wednesday, May 27 from 1:00-5:00** at Wheeler Farm. This year we have teamed up with Salt Lake County Aging & Adult Services to participate in this joint event at Wheeler Farm. We will provide a free shuttle service from the Center. Meet in the lobby at 12:30 for the ride to Wheeler Farm and return trips will then run every 30 minutes (after the keynote speaker) as needed back to the Center. Reese Stein will be the keynote speaker at 1:15 and other free activities will include:

2:00-5:00—Screenings, Vendors, and activities on the lawn.

2:00—walk 1-mile with Mayor Ted Eyre (walk sponsored by Chick-Fil-A)

2:30—Zumba Demo

3:00—Tai Chi Demo

3:00-4:00—Food in the Pavilion

3:30—Line Dancing Demo

4:30-5:30—Silver Sneakers Demo

Reese Stein worked for KUTV news as a sports and outdoor reporter for 40 years. He is currently a part-time feature reporter on "At Your Leisure," an outdoor recreation show on Channel 4. He has been married to Marianne Taylor Stein for 47 years and they have three children and



Listen to Reese Stein at 1:15

seven grandchildren. He is a retired Colonel with the Utah Army National Guard where he had 32 years of military service. He has served in numerous volunteer positions and he enjoys playing pickleball.



Golf Season In Full Swing



Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100+ players who will participate in each tournament.

Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$7 is to be paid when registering for the first tournament played. All tournament fees must be paid at least 10 days before the tournament.

2015 Season Schedule:

| | |
|------------------------|-----------------------|
| 5/4—8:30 Valley View | 8/10—7:30 Davis |
| 5/18—8:30 The Ridge | 8/24—7:30 Talons Cove |
| 6/1—8:00 Murray | 9/14—8:00 Glen Eagle |
| 6/15—7:30 Glenmoor | 9/28—8:30 Meadowbrook |
| 6/29—8:00 Wasatch | 10/5—Year End Banquet |
| 7/13—7:30 Fox Hollow | |
| 7/27—8:00 Round Valley | |

Skin Cancer Screening—Dr. Horsley

Dr. Rolfe Horsley from IHC will be at the Center on **Thursday, June 18 from 9:30 to 11:30** for skin cancer screenings. Appointments are needed. It is always a good idea to have your skin checked before the summer months. Most skin cancers are highly curable, more common among women with light pigmented skin, a family history of melanoma, personal history or diagnosis of non-melanoma skin cancer or pre-cancer. This is a free service, sign up now.

Massage Therapist Needed

We are looking for a licensed massage therapist. If you know anyone who might be interested, please have them contact Maureen at her email mgallagher@murray.utah.gov or 801-284-4240 to set-up an appointment.



Join Mayor Eyre for a
Health & Fitness Walk
at Wheeler Farm
2:00 pm — May 27

Ladies Pool



On **Mondays at 12:30** a small group of women meet in the pool room to play pool.

They would like to extend an invitation to any women that would like to join the pool group, maybe you played in the past, would like to refresh your skills, or just come and meet some new people.

Ceramics

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons 12:45 to 4:00** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.

Newsletters



Newsletters are available at the front desk (75¢ donation), online at www.murray.utah.gov, emailed to those who have an active participant card and have provided an email address, or a yearly subscription for \$18 can be purchased and the newsletter will be mailed to your home each month.

Square Dancing



Kick up your heels with Square Dance caller Don Carlton on **Thursday afternoons from 1:00-3:00**. The cost is \$2.00 per day and is paid when you arrive. Beginners are welcome.



Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds.

The Center has received \$1000 this year from the cards. Thank you Chuck-A-Rama and those who purchase the cards!



Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**, but only IF you link your rewards card to the Heritage Center. To enroll in the Community Rewards Program, go to **smithsfoodanddrug.com** and register your card for the Heritage Center. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

Join us on Monday for Free Movie & Popcorn



May 4 - **Alexander and The Terrible, No Good, Very Bad Day** (2014)

81 minutes - Family/Comedy

May 11 - **Mockingjay Part I** (2014) 123 minutes - Adventure/Sci-Fi

May 18 - **Annie** (2014) 118 minutes - Comedy

May 25 - CENTER CLOSED FOR MEMORIAL DAY

June 1 - **The Hobbit: The Battle of the 5 Armies** (2014)

144 minutes - Adventure/Fantasy

June 8 - **Into The Woods** (2014) 125 minutes - Adventure/Musical

June 15 - **Box Trolls** (2014) 96 minutes - Animation/Adventure

June 22 - **Interstellar** (2014) 169 minutes - Adventure/Sci-Fi

June 29 - **Big Hero 6** (2014) 102 minutes - Animation/Adventure



Exercise every day...

NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

TAI CHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

LINE DANCING—\$1.50 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

CHAIR A-ROBICS—Free

Wednesday & Friday 11:15-11:45

YOGA

Wednesday & Friday 10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

EXERCISE ROOM

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

Total Fitness Pass—\$30 per month—unlimited classes & use of the exercise room.

The Exercise Room is FREE for those who have the Silver Sneaker program with their insurance provider. See the front desk.

U of U Exercise & Sports Volunteer Students

A new group of U of U Exercise & Sports Students will be at the Center starting **May 26 on Tuesday & Thursday at 12:30-2:00**. The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. This program has become one of our most popular classes as participants enjoy improving their fitness skills and their general knowledge about fitness. The stu-

dents also offer one-on-one-help, sign up for that service in the exercise room.

Recently the Center added an additional exercise to the exercise room with a wall mount for resistance band exercises. The Center would like to invite everyone to take advantage of this new equipment. The U of U students will be available on Tues-



day and Thursday to demonstrate how to incorporate the bands into your exercise routine.

Research has shown aerobic exercise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.

Total Fitness Pass

Total Fitness Pass—for \$30, you can purchase a monthly total fitness pass that allows you to participate in any exercise class offered at the Heritage Center plus the exercise room for an entire month. This is a great option if you are attending at least two classes a month. See the front desk if you have questions about payment options for exercise classes.



Did you know the Exercise Room is FREE if your insurance offers the Silver Sneakers Fitness program? Give your Silver Sneakers card number to the front desk and use the room as much as you like! The Center is then reimbursed by your insurance company.



Did you know if you have the Select Health Advantage plan that your wellness reimbursement will pay for exercise classes at the Center? Just sign up and pay, keep your receipt and submit it to SelectHealth for reimbursement. They reimburse up to \$20 per month or \$240 per year for your health and wellness needs. That means The Total Fitness Pass would only cost \$10 per month after reimbursement. That's \$10 for all exercise classes and use of the exercise room! What a great deal!

Recycling at the Center—HELP



The Center is pleased to announce a new program starting in May and we need everyone's help ... **RECYCLING**. There will be **blue bins** in most rooms at the Center. The blue bins are for recycling only. Did you know that you can recycle that white Styrofoam cup you use for coffee and water? Well you can, as long as you empty any remaining liquid from the cup before adding it to the recycle bin. Please don't dump extra liquid such as coffee into the drinking fountains, but use the special liquid recycle container available in the dining room that Don designed. It will take everyone at the Center time to change old habits and learn new behaviors. But if everyone gives it a try, we can help reduce the size of garbage going to the landfill.

Many of you might already recycle in your homes, but still have questions. *What can I recycle? How does it make a difference? What is the best way to create the least amount of trash in our homes and at the Center?* Before starting on our recycle journey, the basic knowledge we all need to know is "what is recyclable?" There are many items in the home and at the Center that can be recycled. The items include paper, metal (including aluminum), plastic, and more. **Some Recycling Tips for home and here at the Center:** Start small. To make a difference, you don't have to start big. Remember, every effort counts, small or large. There are many items at the Center than can be recycled. All the paper from the printers, newspapers, magazines, milk and juice cartons, paper bags, tin cans, aluminum cans (*your soda cans*), and much more. **Items that you cannot recycle:** paint cans, motor oil, dirty paper plates and napkins, and wax paper. All of us at the Center will be in the dining room throughout the next month during lunch to learn, teach, and support everyone in our recycling program. Through better understanding and recycling at the Center and at home, we can all begin to use our resources more wisely and gain some insight about the recycling process. Classes on recycling will be offered in the upcoming months, be sure to look for them in our newsletter.

Relay for Life—Murray Park

The American Cancer Society's Relay for Life is the world's largest and most impactful fundraising event to end cancer. An event has been planned in **Murray Park on Friday, July 17 at 6:00 pm**. The walk is an organized, overnight community fundraising walk where teams of people camp out and take turns walking throughout the night. Because it's a team event, individual participants are not required to be there the entire time. If you would like to put a team together, join a team, donate, or volunteer, contact Jenelle Klingler at 801-580-1870 or jen@klinglertree.com.

Welcome Shay Bowthorpe

Shay Bowthorpe will be substituting for Barber Jocelyn Anderson while she is away on maternity leave. Sign up at the front desk for a haircut on Tuesdays from 9:00-12:00 and Shay will get the job done.

Shaw was born and raised in Sandy, Utah and attended Brighton High School where she graduated in 2010. She grew up around barbers and cosmetologists her whole life. Her mom, uncle, and two aunts have all been cutting hair for longer than she has been alive! She graduated from Salt Lake Community College in cosmetology and has a barbering license along with an associates degree. During college she met her husband and they have been married for 2 1/2 years and recently bought their first home. She works at a salon in Sugar House called Hair Designers and has been there for about 5 years. Sign up for a cut and get acquainted with Shay starting May 19.

New Coffee Fee—\$1 for an 8-ounce cup



We have noticed there are a lot of coffee drinkers at the Heritage Center and coffee costs, like all food costs, have gone up in recent years. To help keep up with the cost we need to increase our price. So if you enjoy coffee, the cost at the Heritage Center will be \$1 for an 8 oz cup. If you bring your own cup from home and it's larger than 8 oz, please pay accordingly. Coffee should be paid each time you fill up a cup and the fee box (not a donation box) is located by the coffee pot. Thank you for paying for your coffee.

Center Trips



...Travel with friends

Thursday, May 14 - 8:30 Wendover

Travel to Wendover on **Thursday, May 14**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately 7:00 pm. You may sign up now.

Travel to Tuacahn June 8-11



"When You Wish"
The Story of Walt Disney

Check at the front desk to see if seats are still available for the popular Tuacahn and Mesquite trip scheduled for Monday, June 8 to Thursday, June 11. The cost is **\$325** per person (double occupancy) and **\$400** (single room) and will include a buffet dinner at the Hotel, two Casa-Blanca breakfasts, two pre-show dutch oven dinners at Tuacahn, and tickets to the musical plays. The Center is paying for the tickets and rooms on May 1 so **no** refunds are available after this time unless your spot is sold. Complete information is available at the front desk.

Thursday, May 28 - 10:00 Classic Cars Int'l Museum

The **Classic Cars International Museum**, located in downtown Salt Lake City, boasts about 250 vehicles in all with 75 on display at any one time. The cars on display were built between 1913 and the early 1980's and include a 1928 Stutz Bearcat, 1929 Pierce-Arrow Roadster convertible, 1957 Rolls Royce convertible, Model A Ford as well as a Delorean and a 1929 Dusen-burg.

To get you excited for the Heritage Center Car Show on June 20, we will travel to the Classic Cars Museum on **Thursday, May 28**, departing the Center at **10:00 am**. After our museum visit, we will have lunch on your own at Crown Burger. Cost of the trip is **\$6**. Sign-up starting May 6.

Wednesday, May 27 Wheeler Farm

Travel to Wheeler Farm on **Wednesday, May 27** for the National Health & Fitness Day event. No registration needed, just meet in the lobby at 12:30 on May 27 for **free** transportation to the activities at Wheeler Farm. The bus will make return trips back every 30 minutes (after the guest speaker). See the article on page 11 for more information. The event is open to everyone and you are also welcome to drive on your own if you'd like.

Watch the June newsletter supplement for information on June trips when the new Center bus arrives.

Volunteer Drivers needed—Meeting noon on May 11



The Center received money from Murray City to purchase a new bus. The new 14-passenger mini bus has been ordered and will not require a driver to have a CDL license. The bus is currently being built and will arrive in June. We are looking to start a volunteer driver pool to offer transportation to Murray residents as well as continue our monthly day trips. A meeting is planned at **12:00 on Monday, May 11** for interested volunteers. Requirements will be discussed and questions answered on how the driving pool will work. A defensive driving class, bus orientation, and medical physical will be required. If you are interested in joining this elite group of volunteers, see Susan or come to the May 11 meeting.

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Thursday Evenings: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-10:00 pm**. Cost of this activity is \$4 per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In February and March our sponsors were Vil-

lage Inn Murray & West Jordan, Chuck-A-Rama, Tony Summerhays, and Chateau Brickyard Senior Living.

Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **May 14 and June 11 at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in remote control flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

Jam Session

The Center sponsors a music "Jam" session for interested musicians on the **second Thursday from 3:30-5:00**. Bring your instrument on **Thursday, May 14 and June 11** and be ready to Jam!



Evening Class Ideas

Do you still work part time and can't come to the Center during the day? Do you have ideas on classes you'd like to see held on Thursday evenings when the Center is open late? Give your ideas to Maureen or Susan and they'll try to make it happen.

Look What I Made!!

Join Susan Callaway in making a wood flag door hanger on **Tuesday, May 12 at 2:00**. The cost is \$5 and includes all supplies. Sign-up now for this fun class.

Watch the June Supplement for details on the wood project for June. The class will be on Tuesday, June 9. Sign-up starts on May 12.

Pen Pal Year End Party

The Pen Pals will have our End of School Party with our student Pen Pals on **Monday, May 18 at 10:30**. Come celebrate the school year with your Pen Pal and enjoy Bingo and Banana Splits in the Dining Room.

Monday Evening Family Concert

The free Monday evening Family Concerts will begin with the Fabulous Flynnstones on **Monday, June 8 at 7:00 pm** in the backyard of the Center. The Flynnstones are a group of veteran players based in Salt Lake City who bring together decades of inspiration to fuse jazz, blues, funk, and rock into their own brand of originals and select covers.

You'll hear familiar melodies from the illustrious past of jazz and rock, spun into lively adventurous renditions, energized with lots of soul.

Invite family and friends to attend, all ages are welcome. The Center will open at 6:00 if you'd like to bring a picnic to enjoy before the concert.

June 8 — Fabulous Flynnstones

July 13 — Salt City Saints (Dixieland Jazz)

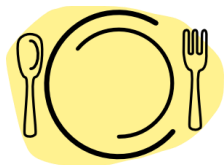
August 10 — Ophir Creek (Bluegrass)

September 14 — Wasatch Jazz Project Big Band



May 2015

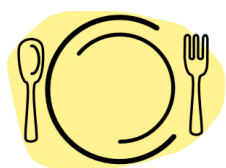
Heritage Center Menu



NO RESERVATIONS NEEDED unless it is a *special event
Lunch is served anytime between 11:30 – 12:30
Pay and make your selection when you are ready to eat.
If the main entrée doesn't appeal, try a sandwich or salad option.
Prices range from \$2.00 - \$4.00



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| | | | | 1 CHICKEN DIJONNAISE Rice Spinach Casserole Cherry Oreo Pie |
| 4 No Lunch | 5 *Mother's Day Tea <i>Currently Sold Out</i> | 6 MEATLOAF Mashed Potatoes and Gravy Veggies Birthday Cake & Ice Cream | 7 STUFFED BELL PEPPERS Green Salad Breadstick Maple Cinnamon Meringues | 8 BROWN BUTTER PASTA Green Salad Cannoli Cupcake |
| 11 No Lunch | 12 CARNITAS TACO Cilantro Salad Chocolate Cobbler | 13 PRETZEL DOG Chips Fruit Salad Oatmeal Cream Pie Cupcake | 14 RICOTTA SPAGHETTI & MEATBALLS Caesar Salad Breadstick Pistachio Bars | 15 CRANBERRY PECAN CHICKEN Dill Potatoes Veggies Apple Dumplings |
| 18 No Lunch | 19 PORK LETTUCE WRAP Cauliflower Curry Apple Pie Oatmeal Cookie | 20 FIESTA LIME CHICKEN Cilantro Rice Salad Cookies & Cream Bar | 21 BACKENED CHICKEN ALFREDO Pasta Veggies Squirrel Cake | 22 BRATWURST KABOBS Roasted Potatoes Pineapple Crisp |
| 25 CLOSED memorial DAY | 26 BEEF STROGANOFF Egg Noodles Veggies Cookie Dough Brownie | 27 DILL SALMON Baked Potato, Broccoli Orange Pretzel Salad | 28 FISH TACO Coconut Rice Black Beans Apple Pecan Dump Cake | 29 SALISBURY STEAK Mashed Potatoes and Gravy Veggies Coconut Chocolate Chunk Cookie |



June 2015

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p>1</p> <p>No Lunch</p> | <p>2</p> <p>BACON WRAPPED CHICKEN Potato Casserole Veggies Blueberry Buckle</p> | <p>3</p> <p>POT ROAST Mashed Potatoes and Gravy Veggies Birthday Cake & Ice Cream</p> | <p>4</p> <p>PEKING PORK Fried Rice Slaw Butterfinger Cookie</p> | <p>5</p> <p>TUSCAN GARLIC CHICKEN Roasted Potatoes Apple Pecan Salad Fruit Pizza</p> |
| <p>8</p> <p>Family Concert Bring a picnic dinner and enjoy music at 7:00 PM with the Fabulous Flynnstones</p> | <p>9</p> <p>BARBACOA PORK SALAD Peppermint Meltaway Cookie</p> | <p>10</p> <p>LOADED CHICKEN SALAD Chips Fruit Maple Bacon Cupcake</p> | <p>11</p> <p>HIBACHI STEAK Wasabi Mashed Potatoes Veggies Caramel Banana Upside Down Cake</p> | <p>12</p> <p>FISH & CHIPS Coleslaw Banana Split Pie</p> |
| <p>15</p> <p>No Lunch</p> | <p>16</p> <p>ALABAMA SMOKEHOUSE BURGER Oven Fries Apple Pie Lasagna</p> | <p>17</p> <p>CHICKEN PARMESAN Pasta Broccoli Berry Pavlova</p> | <p>18</p> <p>BACON CHEDDAR MACARONI AND CHEESE Roasted Veggies Mint Oreo Cupcake</p> | <p>19</p> <p>SWEDISH MEATBALLS Rice Green Beans Peanut Butter Cup Brownie</p> |
| <p>22</p> <p>No Lunch</p> | <p>23</p> <p>PARMESAN CRUSTED BEEF Mashed Potatoes Veggies Vanilla Fluff</p> | <p>24</p> <p>LASAGNA Green Salad Breadstick Tiramisu</p> | <p>25</p> <p>SHRIMP PO BOY Chips Mojito Fruit Salad Toffee Crunch Cookie</p> | <p>26</p> <p>SLOW COOKER PORK CHOPS Wild Rice Brussels Sprouts Tropical Napoleon</p> |
| <p>29</p> <p>No Lunch</p> | <p>30</p> <p>BASIL LIME CHICKEN Coconut Roasted Potatoes Veggies Fried Ice Cream Cake</p> | | | |